

Bring your lunch and join us at the Agri-Civic Center as we learn the basics about Mediterranean-style healthy eating. Class will include a workshop session, quick food demonstration and tasting.

To RSVP call
704.983.3987 ext 0 by January 3

Med Instead of Meds Lunch & Learn

Session Dates:
January 4, 11, 18, 25
February 1, 8, 15
Time 12:15 pm - 1:00 pm



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